

AUGUST 2019

PARKS, RECREATION & CULTURAL RESOURCE DEPARTMENT NEWSLETTER



August Classes, Programs and Events

In the upcoming pages, we list out our programs, classes, camps and events coming up in August. If you would like more information, please visit our website or reach out to us via phone or email!

Important Dates

August 9 & 23: Food Truck Friday

August 30-September 2: Matthews Alive Festival



Check out all of our Summer and Fall programs at www.matthewsfun.com

For more info on classes
& events OR
to REGISTER ONLINE
go to
www.matthewsfun.com

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Highlights of upcoming programs offered at Crews Recreation Center

Argentine Tango Classes

FREE 1-HOUR ONE-ON-ONE
TANGO LESSON INCLUDED WITH
REGISTRATION

SATURDAY AFTERNOONS - AUG 24 - SEPT 14, 2019
NO EXPERIENCE OR PARTNER REQUIRED!

WHEN

Saturday afternoons, Aug 24 - Sept 14, 2019;
12:15-1:15pm

LOCATION

Crews Recreation Center
1201 Crews Road
Matthews, NC 28105
(Located directly behind the Matthews Police Department)

COST

4-Week Session - \$60 per participant

TO REGISTER

Space is limited and therefore pre-registration is appreciated. Visit www.matthewsfun.com to register.

WHAT TO EXPECT

Complete beginners are welcome. Wear comfortable clothing and bring a pair of clean, slippery-soled shoes. Instruction will focus on the walk, building embrace, lead and follow, the basic step, cross foot basics, special awareness, the fundamental figures and turns and in-depth explanation of the structure of the dance.

MEET THE INSTRUCTOR

Classes will be led by Vadim Musaelyan. Vadim has five years of teaching basic Argentine Tango skills and is excited about bringing this program to the Matthews community.



Town of
Matthews
Parks, Recreation &
Cultural Resource

FOR MORE INFORMATION: CALL 704-708-1289 OR EMAIL CSMITH@MATTHEWSNC.GOV



PICKLEBALL CLINIC

PRESENTED BY CREWS RECREATION CENTER
~ INSTRUCTION LED BY DAVID HITE ~

BASIC TECHNIQUES, STRATEGY AND COURT POSITIONING ARE THE FOCUS OF THIS 4-WEEK DRILL AND PLAY PICKLEBALL CLINIC.

DESIGNED FOR BEGINNER TO INTERMEDIATE SKILL LEVEL PLAYERS

FOR MORE INFORMATION:
CALL 704-708-1289

OR
EMAIL CSMITH@MATTHEWSNC.GOV

CREWS RECREATION CENTER
1201 CREWS ROAD, MATTHEWS, NC

4-WEEK PICKLEBALL CLINIC

- AUGUST 7TH (7:30-9:00PM)
- AUGUST 14TH (7:30-9:00PM)
- AUGUST 21ST (7:30-9:00PM)
- AUGUST 28TH (7:30-9:00PM)

SESSION FEE:

\$45.00 (MATTHEWS RESIDENT RATE)

\$50.00 (NON- RESIDENT RATE)

Visit www.matthewsfun.com to register



Muggsy Bogues Basketball Camp

August 5th-9th

Local basketball legend Muggsy Bogues returns to Crews this summer with a basketball camp for children between the ages of 6-15. This week-long camp gives campers a chance to learn from Muggsy's staff of experienced counselors, as well as the former NBA great and Basketball Hall of Fame nominee himself.

Campers will participate in a variety of different skills, games, and tournaments, which will not only teach them the fundamentals but allow them to learn in a fun and positive environment. Lunch will be provided daily. Spaces are limited; Register TODAY by visiting www.matthewsfun.com

POWER-UP BOOTCAMP

CREWS RECREATION CENTER * 1201 CREWS ROAD, MATTHEWS, NC 28105



Get moving. get fit and feel great!

8-WEEK FITNESS BOOTCAMP - \$100 OR \$15 DROP-IN FEE
TUESDAYS • JULY 9TH - AUGUST 27TH • 6:30-7:30PM

Crews Recreation Center

1201 Crews Road—Behind the Matthews Police Department

For more information on Crews Center activities, call (704) 708-1287

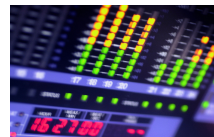
Date Night Drop-Off

Friday, August 9, 5pm-9pm. Children ages 6-13 are invited to come out and participate in a variety of different games and activities. Pizza and refreshments will be served. Cost is \$10/child and \$5/each additional child.

Dance Fit

Dance Fit incorporates toning and cardio into a 60-75 minute playlist, but music ranges from pop to hip hop, Latin, dancehall, oldies and more!

Dance with Vanessa on **Saturdays 10:30am-12pm.** Visit www.dancefitvanessa.com for more info!



Dance It Up

Join us for a dance-inspired fitness class that will leave you sweating and smiling. Every class is different, from the toning and cardio moves to the anything-goes playlist; you'll never have the same class twice!

Mondays 7pm-8pm. Visit www.danceitupclt.com for more info!

American Elite Karate

Thursdays 5:45pm-8:30pm for children of all ages. \$7/week and a \$10 first time registration which includes a t-shirt. Visit www.americanelitemartialarts.com for more info!



Beginner Fencing

Thursdays, 4pm-5pm, students are encouraged to come engage in the fast-paced sport of fencing. Students will learn footwork, blade work and more! Equipment is provided. For more info, please contact info@charlottefencing.com.

Open Gym Sports

Open Play Pickleball: Saturdays, 8:30am-12:30pm, Tuesdays, 5:30pm-8:30pm. Cost is \$2/person.

Open Play Badminton: Sundays, 12:30pm-5:45pm. Cost is \$2/person.

Open Gym Basketball: Please visit www.matthewsfun.com for our full monthly open gym/play calendar.

Open Gym Basketball hours have been extended to 7:30pm on Fridays.

Open Play Senior Women's Basketball: Wednesdays, 6pm-7:30pm, ages 45 and up. Cost is \$1/person.

Pickleball Clinic

Join us for a 4-week Pickleball Clinic beginning on Wednesday, August 7th (7:00-9:30pm). Instruction will be led by David Hite, and will focus on basic techniques, strategy, and court positioning. The clinic is designed for beginner to intermediate skill level players. Equipment will be provided. Please wear comfortable clothes and tennis shoes.

NEW --- Tango Lessons

4-week Argentine Tango program beginning **Saturday, August 24th, 12:15-1:15pm.** No experience or partner required for this program. Please wear comfortable clothing and bring a pair of clean, slippery-soled shoes. Classes are \$60 per participant. To register please visit www.matthewsfun.com.

Rentals

Book your next event with us. We are a great place to host your birthday parties, baby and wedding showers, anniversary parties, family reunions and meetings. We also rent our full-size gymnasium to individuals, groups or schools for recreational purposes. Contact Charles Smith at csmith@matthewsnc.gov for info!

Highlights of upcoming programs offered at McDowell Arts Center

Artist Demos and FREE crafts during Matthews Alive!

After checking out the art gallery show by Matthews Artists Guild upstairs at the McDowell Arts Center, cool off downstairs at the MAC and enjoy watching artist demos, and participate in free crafts! We'll have FREE rock painting going on while supplies last each day.

Artist demo schedule will be posted closer to the Matthews Alive weekend.

Homeschool Classes Offered this Fall!

NEW Classes & Workshops!!

One-Day Workshops:

Computer Graphics
Glaze/Pottery Painting
Wet Clay



Saturday Clay Workshops for Kids & Parents!

Girl Scout Pottery Badge Workshops!



Two-Day Workshops:

Apparel Design, Make & Glaze
Ceramics

Weekly homeschool clay classes continue in the Fall, as well as Adult Clay classes! Check out www.matthewsfun.com for more info!



The Art of Yoga: Living Your Practice Off the Mat

September 5, 9, 12 & 16

6pm-7:15pm

Come out for a special four-session program in the beautiful McDowell Arts Center in Matthews. Explore how the lessons of yoga on the mat translate into better living off the mat. This is an all-levels posture class, accessible to everyone!

Matthews Residents: \$60, Non-Residents: \$65

FREE Programs at McDowell Arts Center

Basket Guild

First Tuesday of every month, this Guild meets downstairs at the MAC at 6pm.

MAG Monthly Meeting

Free and open to the public!
August 13, 6:30pm-9pm
August's meeting will be in the Matthews Community Center

MAG Watercolor

Open Paint

No instruction, bring your own supplies and paint!
Tuesdays, 9am-11:30am

It's All About Yarn!

Come knit, crochet, etc.!
Aug. 6 & 20, 6pm-8pm.

McDowell Arts Center

123 McDowell Street — Adjacent to Matthews Community Center

For more information, call (704) 847-9746

Art Gallery at the McDowell Arts Center: Matthews Artists Guild

The display in the gallery rotates every month. August and September will feature Matthews Artists Guild's Matthews Alive Show. This show goes on display August 17, and will be on display through October 4. The gallery is open every day and is free to visit!

Classes Taught by Bonita Somers

Alcohol Ink Class: All supplies provided for these classes; for ages 12 and up.

Matthews Residents: \$20; Non-Residents: \$25. All levels welcome!

August 11, 2pm-4pm (trees), August 18, 2pm-4pm (flowers).



Brush Up Class: All supplies provided to create a 9x12 acrylic masterpiece. Step by step instruction provided. **August 7, 6:30pm-8:30pm.** Sunset Scene project.

Matthews Residents: \$20, Non-Residents: \$25

Summer Painting

Drop the kids off for a fun yet educational evening of painting with acrylics. All supplies are included. Focus is on brush strokes, design elements/principles and color theory. Ages 7-12. Matthews Residents: \$20, Non-Residents: \$25

August 6, 6:30pm-8:30pm (Sea Turtle), August 20, 6:30pm-8:30pm (Palm Trees)



Oil Painting Taught by Cynthia Howard

Demo and Hands-On Instruction: **Beginners** (\$75): Mondays, Aug. 5, 12, 19, 9:30am-12:30pm;

Intermediate (\$75): Thursdays, Aug. 8, 15, 22, 9:30am-12:30pm;

Advanced (\$60): Mondays, Aug. 5, 12, 19, 1pm-4pm

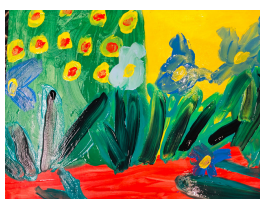
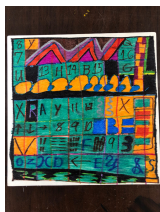
Open studio for students registered: August 26 (Mondays), August 1 & 29 (Thursdays)

Veterans Art Classes

FREE classes to thank you for your service! Explore various art techniques; all levels welcome!

Wednesdays, 12pm-3pm. Classes resume in September.

Classes Taught by Eileen Schwartz



Art with Eileen

Art classes for adults with disabilities. Explore drawing, painting and mixed media.

Tuesdays, 12pm-3pm (\$60/\$65). Classes resume in September.

Homeschool Art and Clay Classes for Children and Adults with Arts Delivered

View full class listing at www.matthewsfun.com

One-day, two-day, and weekly workshops and class offerings!

Ages 6 and up for most classes!

Classes start in September, register today!!

Adult classes offered on Wednesday evenings!

Saturday Girl Scout Workshops and Clay workshops for the whole family!



KidzArt Saturday Classes

Saturdays, September 7-28, 10am-11am.

School's Out Camps will be offered 10/28, 11/11, 12/23--Space is limited!

Visit www.matthewsfun.com for more info or to register.

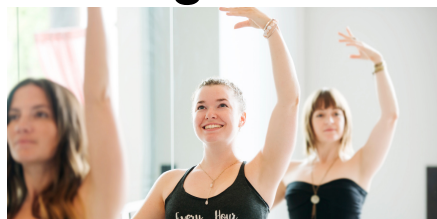
Highlights of upcoming programs offered at the Matthews Community Center

FREE Yoga for Veterans



Starting August 1, on the first Thursday of each month at 6:30pm, free yoga is offered to Veterans and their families through a partnership with Team RWB, Veterans Bridge Home, and Dog Tag Technologies.

Adult Beginner Ballet



Tuesdays, 10am-11am, for ages 30+. Taught by Amanda Sheppard with Matthews Ballet. No experience required! This is a fun, relaxed environment for the beginner or experienced.

Session 1: Aug. 20-Oct. 8.

Kindermusik Classes Return!

This Fall we are offering two sessions of Kindermusik Classes! Sign up for both at the same time and receive \$20 off! See next page for details.

Cuddle & Bounce (0-1yr): Tuesdays, 9:45am-10:30am

Sing & Play (1-2yrs): Thursdays, 9:45am-10:30am or Fridays, 11am-11:45am

Wiggle & Grow (2-3yrs): Thursdays, 11am-11:45am, Fridays, 9:45am-10:30am



Total Body Strength & Tone with Vicki Bartnikowski



Thursdays, 11:30am-12:30pm
Suitable for all levels!
Classes start Sept. 5.

Seven Habits for Parents

**Led by Robert Hughes, MSW. Monday, August 12,
7pm-8:30pm**

Active Parenting provides video vignettes, presentations, and discussion to help families raise children with character, courage and compassion.

For more information or questions feel free to contact Robert Hughes, 980-339-7551.

Matthews Residents: \$10, Non-Residents: \$15
(Price is per couple/family)

Gentle Yoga Taught by Chris Robertson

Gentle Yoga: Gentle yoga practice suitable for beginners as well as yogis looking for a slower, more introspective practice. **Wednesdays, 10am-11:15am; September 11-October 30,**

Matthews Residents: \$80, Non-Residents: \$85, Drop-In fee: \$12.

Lunchtime Yoga: Approachable, lighthearted yoga practice suitable for all levels. Take time for yourself! Join us in movement and breath, leave feeling refreshed for the day and week ahead of you.

Mondays, 12pm-1pm; Sept. 9-October 28. Matthews Residents: \$80, Non-Residents: \$85.

Bowspring Yoga Taught by Linda Oelschlaeger

Put the curves back! Linda's Bowspring classes strengthen the muscles in the back side of the body to return the natural curves to the spine. Putting the spinal curves back allows dynamic freedom of movement and helps prevent pain that comes from losing these curves through daily life and aging. Tone your glutes and walk with more bounce in your step! **July 16-Sept. 12 Tuesdays:** 9:30am-11am; **Wednesdays:** 6pm-7:30pm; **Thursdays:** 9:30am-11am. Matthews Residents: \$90, Non-Residents: \$95. Drop-in fee: \$12.

Kripalu Yoga Taught by Katrina Whelchel

Gentle Yoga: Poses and sequences are slower-paced and accessible to people with physical limitations.

Mondays, 6pm-7:15pm; July 8-Aug. 26. Matthews Residents: \$105, Non-Residents: \$110.

Moderate Slow Flow Yoga: This class offers all the same signature elements of a Kripalu class: breath and centering, spine & joint warm ups, and a deep relaxation at the end of class. **Thursdays, 6pm-7:15pm, July 11-Aug. 29.** Matthews Residents: \$105, Non-Residents: \$110; Drop-in fee: \$20. 50% discount is applied for one class if students sign up for both classes; use coupon code Yoga4M3 at checkout!

Total Body Strength & Tone Taught by Vicki Bartnikowski

Thursdays, 11:30am-12:30pm, this class combines mat Pilates and Barre for a great full body strengthening work out. No experience required and all levels welcome! **Sept. 5-Oct. 24.** Sign up for the full session:

Matthews Residents: \$85, Non-Residents: \$90, or Drop-In: \$12.

Adult Beginner Ballet Taught by Amanda Sheppard

Tuesdays, 10am-11am, for ages 30+. No experience required! This is a fun, relaxed environment for the beginner or experienced. **Session 1: Aug. 20-Oct. 8.** Matthews Residents: \$114, Non-Residents: \$119.



Basket Weaving Classes

All levels welcome! These classes are great for beginners!!

August 3, 9:30am-12:30pm: Wine Basket - Back by popular demand! Holds 2 bottles or magazines. Tall, oak handle is decorated with a colorful bow.

Matthews Residents: \$30, Non-Residents: \$35

Seven Habits for Parents

Led by Robert Hughes, MSW. Monday, August 12, 7pm-8:30pm

Active Parenting provides video vignettes, presentations, and discussion to help families raise children with character, courage and compassion. For more information or questions feel free to contact Robert Hughes, 980-339-7551. Matthews Residents: \$10, Non-Residents: \$15 (Price is per couple/family).

Kindermusik Classes

Fall Session 1: September 3-November 1 (9 weeks). Matthews Residents: \$165, Non-Residents: \$170

Fall Session 2: November 5-December 20 (6 weeks). Matthews Residents: \$105, Non-Residents: \$110.

Receive a \$20 discount for registering for both Fall sessions at the same time!

Cuddle & Bounce (0-1yr): Tuesdays, 9:45am-10:30am

Sing & Play (1-2yrs): Thursdays, 9:45am-10:30am or Fridays, 11am-11:45am

Wiggle & Grow (2-3yrs): Thursdays, 11am-11:45am, Fridays, 9:45am-10:30am

Kindermusik Playdates: Two more this summer! July 30 & August 13

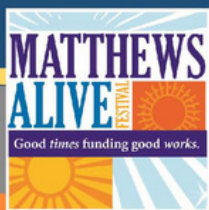
Ages 0-18mos: 9:45am-10:30am; Ages 1.5-3yrs: 11am-11:45am



Parks and Special Events

For more information about parks, call 704-708-1288

For more information about Special Events, call 704-708-1261



Labor Day Weekend 2019

Aug. 30th - Sept. 2nd



27th annual festival will feature:



Matthewsalive.org

FRI. AUG 30th
6PM-10PM

Main Stage
Beach Night

Gary Lowder &
Smokin' Hot
6:30-8:00pm

The Tams
8:30pm-10:00pm

All-You-Can-Ride
Wristband Night
at the Carnival!

SAT. AUG 31st
10AM-10PM

Parade 9:30am

Kids' Connection,
Kids' Stage, Indoor
Exhibits &
Crafts open

Pop/Rock day on the
Main Stage
2:30pm-8pm

TUSK
Fleetwood Mac Tribute
8:30pm-10pm

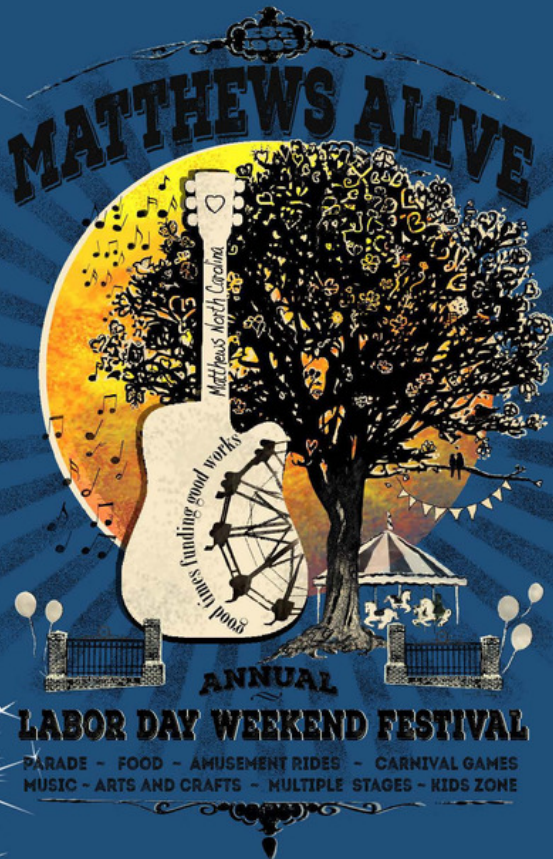
SUN. SEPT 1st
1PM-10PM

Country rock & harmonies on the
Main Stage 2:30pm-8pm

Country Music Icons!
LONESTAR
8:30pm-10pm

MON. SEPT 2nd
9AM-5PM

Indie/Folk on the main stage
11:30am-5pm



PARADE - FOOD - AMUSEMENT RIDES - CARNIVAL GAMES
MUSIC - ARTS AND CRAFTS - MULTIPLE STAGES - KIDS ZONE

JAZZ JAM on the indoor stage Saturday, Sunday, Monday! Two Jazz/R&B performers each day!

Three Stages of Entertainment • Family Fun • Great Food • Rides & Games
Arts & Crafts • Carnival • Indoor Art Shows & Exhibits

100% of proceeds benefit Matthews Community Non-Profits! "Good Times Funding Good Works!"

Presenting Sponsor:



Area Sponsors:



Supporting Sponsor:

